

## Chipotle-black bean tostadas with roasted veggies and tofu crema

*This satisfying (omnivore-approved!) main dish is full of south-of-the-border flavor. The light and citrusy tofu crema is nicely balanced by the rich and spicy refried beans.*

Serves 4

### Ingredients

#### Tofu crema

- 7 oz. silken tofu (half of a 14-oz. package), drained
- 3 tbsp. lime juice
- Zest of one lime
- ½ tsp. salt

#### Beans

- 2 tbsp. vegetable oil
- 2-3 chipotle chilies in adobo sauce (depending on how spicy you want it), finely chopped
- 2-3 cloves minced garlic
- Two 15-oz. cans black beans, drained
- ¼ to ½ cup water
- ½ tsp. salt (more or less—to taste)

#### Roasted veggies

- 2 medium bell peppers, julienned
- 8 oz. mushrooms, sliced
- 1 cup corn (if frozen, thaw first and then pat dry with a paper towel)
- ½ medium red onion, sliced
- 2 tbsp. olive oil
- Salt and pepper to taste

#### For assembly

- 12 small (6-inch) tortillas
- Vegetable oil cooking spray
- 1 avocado, cubed

### Directions

- 1) For the crema: puree all ingredients in a food processor or blender until smooth and creamy. Refrigerate until ready to serve.
- 2) For the roasted veggies: preheat oven to 425 degrees. Toss together all ingredients on a lightly greased baking sheet until all veggies are evenly coated in oil, salt, and pepper. Roast for about 25 minutes, stirring halfway, until everything is tender and a little crisp around the edges.
- 3) For the beans: heat up oil in a sauté pan. Add the chipotles and garlic and cook for about 30 seconds, or until the garlic is lightly golden. Add the beans and salt and cook for about 5 minutes, or until heated through. Using a potato masher, smash the beans until mostly smooth, adding water as necessary to attain a spreadable puree.
- 4) Place tortillas on a baking sheet and spray both sides with vegetable oil cooking spray. Bake at 400 degrees for about 10 minutes, flipping halfway through, until golden and crisp on both sides.
- 5) To serve: spread a few tablespoons of bean puree onto each tortilla. Top with a spoonful of roasted veggies, avocado, and a dollop of tofu crema and serve.

